



World Service Office
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Compulsive Eaters Anonymous-HOW®

November 24, 2025

PLEASE READ AT ALL MEETINGS

Dear Members of the CEA-HOW Fellowship,

As a Fellowship, we continue to walk this path together, supporting one another in recovery. We want to begin by expressing our deep appreciation to all members who have been faithfully giving donations. Your generosity has helped keep our services available and our message alive.

The CEA-HOW Fellowship has been experiencing a significant downturn in overall donations for the past two years, resulting in a shortfall of over \$30,000, and contributions continue to trend downward. Since the COVID shutdown, most meetings have remained on phone or online platforms rather than returning fully to face-to-face formats. For the meetings that have resumed in-person gatherings, attendance is often much smaller than before, reducing the amounts groups can send to Intergroup, Area, and WSO.

The familiar ease of “putting cash in the hat” has largely disappeared, replaced with electronic giving methods that can add extra steps for many members.

Yet we all rely on the Fellowship: meetings, literature, recordings, sponsorship, and the ability to find support whenever we need it. To help keep these essential services strong and available, we ask you to consider supporting CEA-HOW with a recurring monthly donation.

Here’s an easy way to think about it:

- If you give \$2 per meeting, that’s \$26.00 per month
- If you give \$3 per meeting, that comes to \$39.00 per month (Suggested)
- If you give \$5 per meeting, that comes to \$65.00 per month

Why set up a recurring donation?

- No more remembering to write checks to Phone Bridge IG or individual meeting treasurers
- No more hoping the Treasurer has the correct QR code posted in your Zoom meeting
- You can simply “set it and forget it” — a small monthly contribution that you may barely notice, but will make a big difference to CEA-HOW.

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- Most importantly, you are supporting the Fellowship that has helped you and countless others find recovery from compulsive eating

We invite members who are not currently giving to consider joining us by participating in this effort and we kindly ask those who are already contributing to consider making an additional contribution. Every donation, no matter the amount, helps sustain the vital services that benefit us all.

To set up your recurring donation, you can go to <https://www.ceahow.org/en/contribute/> and scroll down to “Recurring Contributions.” You can click on the button to set up your contribution through PayPal, or if you prefer Venmo or CashApp, you can use the QR codes. To use Zelle (no fees for charged to CEA-HOW!), please go to your online banking app and set it up within your personal Zelle account. You can find CEA-HOW by using the phone number 323-376-9606.

Let’s work together to keep this Program alive, accessible, and strong—for ourselves and for those who still suffer. If you’re ready to help, a recurring payment through PayPal or any cash-app that accepts subscriptions works smoothly.”

In gratitude and service to the fellowship,

CEA-HOW Board of Directors